REPOSE

Massage Lounger

R500 User Guide

Before using your massage lounger,
please read these instructions thoroughly.

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Safety

Thank you for purchasing a Repose Massage Lounger.

To avoid the risk of personal injury and to ensure optimum performance, please pay particular attention to the warnings and safety notices throughout this manual.

The Repose massage lounger is not intended to be used as a healthcare device.

Children under 16 years of age should not be allowed to use the Repose massage lounger. Their bodies are still forming and could be harmed by the intense massage action.

FOR HOUSEHOLD USE ONLY

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Please be sure to read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:

1. Always unplug the massage lounger from the electrical outlet immediately after use and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

2. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
3. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
4. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
5. Use this applicance only for its intended use as described in this manual. Do not use attachments not rercommended by the manufacturer.
6. Never operate this appliance if it has a damamged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center or examination or repair.
7. Do not carry this appliance by supply cord or use cord as a handle.
8. Keep the cord away from heated surfaces.
9. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
10. Never drop or insert any object into any openeing.
11. Do not use outdoors.
12. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
13. **WARNING** - Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

SAVE THESE INSTRUCTIONS

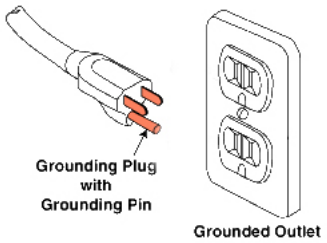
GROUNDING INSTRUCTIONS

This product must be grounded. Should this product malfunction or breakdown, grounding provides a path of least resistance for electric current reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

The plug must be plugged into an appropriate outlet that is properly grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



Sketch A

SAFETY PRECAUTIONS

WARNING - To avoid the risk of personal injury, please follow these precautions:

1. People with the following conditions should seek a doctors advice before using the Repose massage lounger:
    - Expectant mothers.
    - People with an illness or fever.
    - People with cancer.
    - People with injuries.
    - People with blood circulation problems.
    - People with back problems.
    - People in poor physical shape or undergoing medical treatment.
    - People suffering from back, neck, shoulder or hip pain.
    - People with heart pacemakers or defibrillators, or other personal medical devices.
2. Always wear clothing while using the massage lounger.
3. Avoid exposing skin directly to the massager to prevent skin irritation.
4. Do not use the massage lounger while wearing hair accessories or hats.
5. Do not use the massage lounger for massaging the head, abdomen, arms, elbows, front of thighs, or knees.
6. Do not massage the back muscles for more than 15 continuous minutes. Leaving the massage mechanism in one position can result in discomfort.
7. During your first use, do not use the massage lounger for more than 5 minutes to avoid overstretching the muscles which may cause discomfort. Gradually increase the duration and intensity of the massage as you become used to it.
8. If you begin to feel sick or the massage feels painful, stop use immediately.
9. Do not go to sleep while using the massage lounger.
10. Do not use the massage lounger after drinking alcohol.
11. Do not sit on the backrest while the lounger is reclined.
12. Do not sit on the massage lounger with your legs resting on the backrest.
13. Do not sit on the leg rest, the lounger may fall over.

OPERATING PRECAUTIONS

WARNING – To reduce the risk of fire, burns, electric shock, damaging the lounger, or personal injury, please read the following:

1. Make sure the power plug is completely inserted into the wall power outlet.
2. Never leave the massage lounger unattended when the power cord is plugged in.
3. Always unplug the massage lounger when not in use.
4. Only use the massage lounger for the purpose described in these instructions.
5. Continuous supervision is required when the massage lounger is used by people who have limited mobility or communication abilities.
6. Do not stand on any part of the massage lounger.
7. Do not use any accessories other than those recommended by Repose Corporation.
8. This massage lounger is not to be used by children or anyone under the age of 16. Please keep children away while the massage lounger is in use.
9. Make sure there are no obstacles behind the lounger before reclining the backrest.
10. Make sure there are no obstacles in front of the lounger before use.
11. When finished using the massage lounger, always return the seat to the upright position and lower the leg rest completely. Make sure people or objects are not in the way when lowering the leg rest.
12. Never operate the massage lounger if the power cord or power plug is damaged.
13. If you feel the massage lounger needs repair, follow the troubleshooting steps on page 19. Contact Repose Corp. if you need more assistance.
14. Contact Repose Corp. immediately if the massage lounger has been dropped, damaged, or if it has been immersed in water.
15. Before use, always lift the cushions and check the fabric for tearing or signs of abnormal wear.
16. Check all other areas for tearing or signs of abnormal wear. If you find a tear or rip, immediately stop using the massage lounger and unplug the power cord. Contact Repose Corp. for assistance.
17. Keep power cords away from heated surfaces.
18. Do not allow sharp objects, metal objects, rubbish or moisture to come into contact with the power plug.
19. Do not use the massage lounger over heating appliances or electric carpets.
20. Make sure all air openings on the massage lounger are kept free and clear.
21. Do not drop or insert anything into any of the openings of the massage lounger.
22. Do not use the massage lounger in bathrooms or other damp or extremely humid areas.
23. Do not spill any liquids on the controller or any part of the lounger.
24. Do not use the massage lounger outdoors.
25. Do not use aerosol spray products or handle oxygen tanks around the massage lounger.
26. Before unplugging the massage lounger, turn off all controls.
27. Do not use the massage lounger with a transformer.
28. Connect the massage lounger power plug to a properly grounded outlet only.
29. Do not attempt to open or disassemble any part of the massage lounger. There are no user-serviceable parts in your massage lounger.

PLEASE SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Features

Your Repose Massage Lounger massages your upper back, lower back, neck, shoulders, legs, and feet using a series of rollers and airbags that simulate massage techniques similar to the touch of human hands.

Automatic massages are preprogrammed and accessible with the control panel. You can also override the automatic massage settings to fine tune the massage.

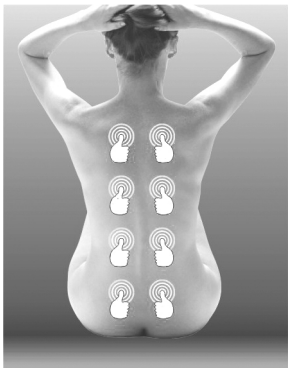
Back, Neck, Waist, and Shoulders

Your back, neck, waist, and shoulders are massaged using several different methods.

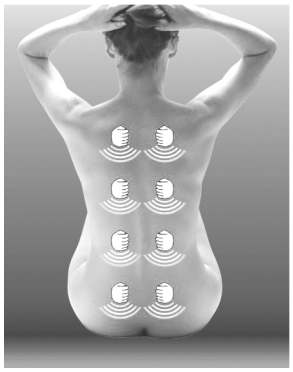
Knead - During the Knead massage function, the massage mechanism heads move in a circular motion.

Roll - During the Roll massage the massage mechanism rolls up and down without any other motion of the massage heads.

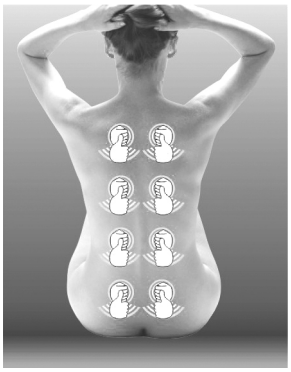
Knock - In the Knock mode, the massage heads tap in an oscillating pattern.



Knead



Knock



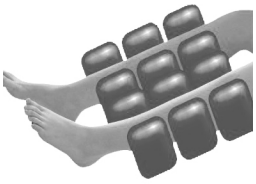
Combination

Combination - The massage modes can be combined. For example, you can use the Roll mode while using either the Knead or Knock modes or all at the same time.

Calf Muscles and Back of Legs

Your calf muscles and the back of your legs are massaged with airbags synchronized to simulate a “wave style” of massage which may help to increase blood circulation.

In the seat of your Repose Massage Lounger, there are 5 airbags programmed to inflate and deflate giving a continuous overlapping massage on the back of your legs and buttocks.



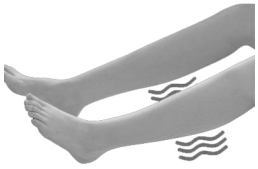
Airbags are also used to massage your calf muscles. In the leg rest, there are eight airbags. As one airbag inflates, another airbag deflates creating a wave motion.

Vibe Modes

There are three different vibration modes that help relax the muscle of your Back, Buttocks, and Legs.

Back Vibe

Leg and Thigh



Calf Muscles

Automatic Massage

There are four preset massage settings available for your entire body - Gentle, Relax, Enliven, and Repose.

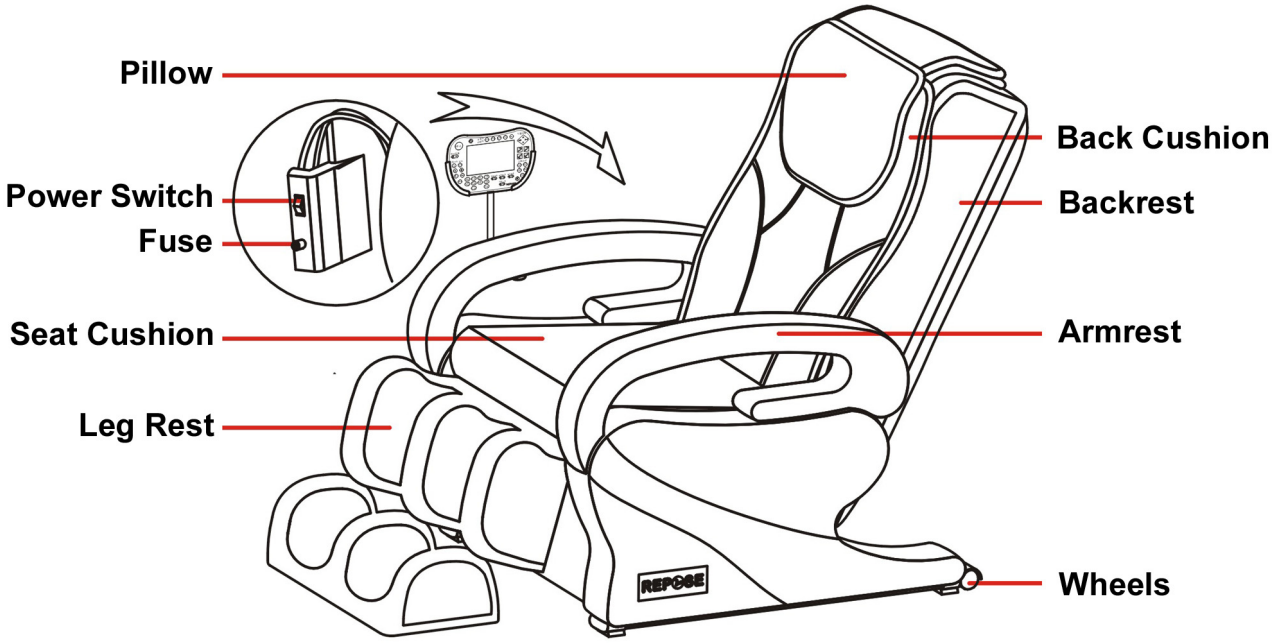
In addition to the automatic full body massage, you can select an automatic massage for specific areas. These areas include your neck, shoulders, back, waist, legs, and feet.

Manual Massage

You can override the automatic massage modes by pressing any of the manual massage buttons. Please the section titled “Using your Repose Massage Lounger” for more information.

Part Names and Locations

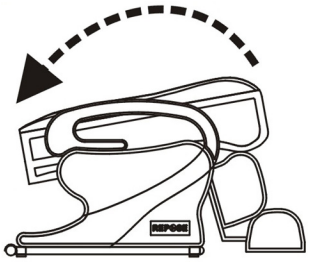
Please refer to this page to familiarize yourself with the location of parts and features called out as you read through this guide.



Assembly and Setup

Backrest

The backrest folds down to help reduce the amount of storage space required while the lounger is not in use.

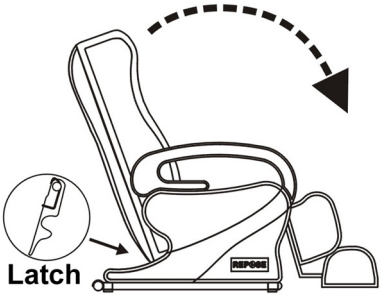


Unfolding the Backrest

To unfold the backrest, lift the backrest up and away from the seat cushion.

When the backrest reaches the vertical position, you will hear a clicking sound as the backrest locks into place.

Folding the Backrest



To fold down the backrest, locate the latch on the back of the lounger that is below the seat. Push the latch down to unlock.

Move the backrest toward the leg rest. As the backrest approaches the seat cushion, it will stop.

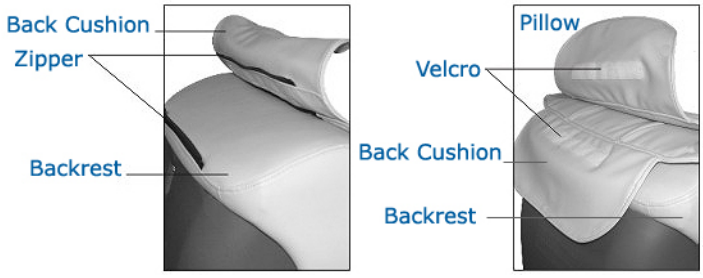
Back Cushion and Pillow

NOTICE: While the backrest cushion is detached from the lounger, please do not place hands, fingers, or any objects between the seat and the backrest.

The backrest cushion and pillows can be removed and replaced to help adjust the comfort level of the massage.

The backrest cushion is attached with a zipper located on the top of the backrest.

The pillow attaches to the backrest cushion with Velcro.



Preparing for Use

NOTICE: Before use, be sure the power plug is inserted completely into a grounded wall outlet. Never use the massage lounger without proper grounding. If you are unsure, please consult an electrician.

Grounding Your Massage Lounger

Your massage lounger is equipped with a grounded power plug and must be plugged into a properly grounded wall outlet. Grounding allows the electric current to flow to the earth helping to reduce the risk of electric shock if a failure occurs.

Do not modify the power plug or use an adapter to bypass the ground.

If you are unsure about adequate grounding, please consult an electrician.

Moving the Massage Lounger

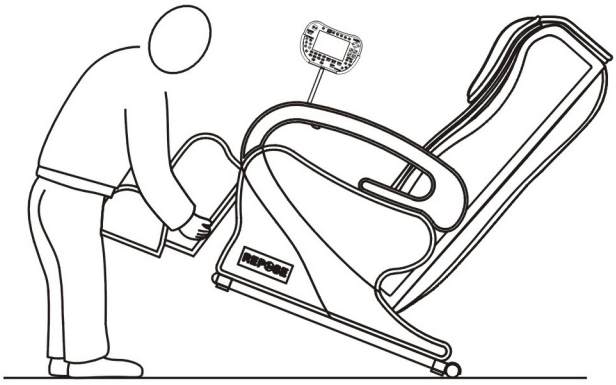
Your Repose massage lounger has wheels on the back of the base that are used for moving your lounger.

Please be very careful while attempting to move your massage lounger. We recommend you have someone help you move the lounger.

NOTICE: Disconnect the power cord prior to moving and do not attempt to move the massage lounger while someone is seated on it.

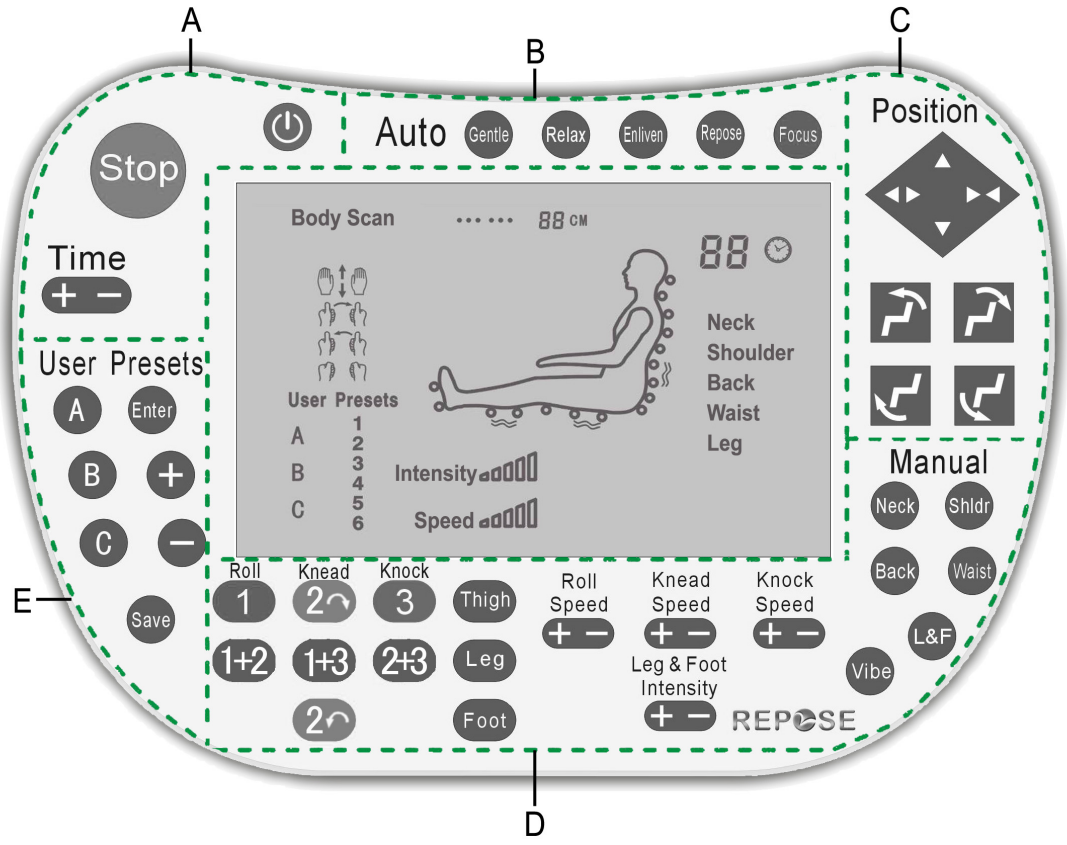
To move your massage lounger:

1. Position the leg rest in the raised position.
2. Remove the power plug from the wall outlet and secure the power cord on the lounger.
3. While holding both sides of the leg rest, carefully lift the front of the lounger. Please be very careful, the massage lounger is bulky and heavy.



NOTICE: If you have hard flooring surfaces, you may want to place a mat on the floor and gently roll the massage lounger to avoid damaging the floor. If you are using your lounger on a hardwood surface, we recommend you protect your floor by placing something under your lounger such as a rug.

Control Panel Functions



A - Main control functions

	Power	Powers the lounger on and off. Resets the massage mechanism, backrest, and leg rest to default positions.
	Stop	Stops all actions. To resume, reselect the massage mode that was in use prior to pressing stop. The timer will resume at the point where Stop was pressed.
	Time	Adjusts the massage time in 5 minute increments. The maximum amount of time is 30 minutes. The minimum is 5 minutes.

B - Automatic modes

	Gentle	Soft and gentle entire body massage.
	Relax	A gentle massage programmed to help you relax.
	Enliven	A slightly aggressive massage to help refresh and awaken.
	Repose	Vigorous massage for your entire body.

C - Position

	Focus	While enjoying an automatic massage, use the **Focus** button to temporarily stop the up and down (rolling) motion of the massage heads to focus on a specific area while the knock and or knead massages continue.
	Position adjust	During manual massages, use this button to adjust the up or down position of the massage mechanism during **Knead or Knock.** Adjust the width during **Roll** or **Knock** massage modes.
	Lower backrest	Hold down to lower the backrest.
	Raise backrest	Hold down to raise the backrest.
	Raise leg rest	Hold down to raise the leg rest.
	Lower leg rest	Hold down to lower the leg rest.

D - Manual mode settings

	Neck	Selects an automatic massage on your neck.
	Shoulder	Selects an automatic massage on your shoulders.
	Back	Selects an automatic massage on your back.
	Waist	Selects an automatic massage on your lower back.
	Leg &Foot	Selects an automatic massage on your legs and feet.
	Vibe	Turns on and off the Vibrate massage function.
	Roll	Selects the Roll massage mode.
	Knead	Selects the Knead massage mode.
	Knead Reverse	Reverses the Knead massage action.
	Knock	Selects the Knock massage mode.
	Roll & Knead	Selects the Roll and Knead massage modes.
	Roll & Knock	Selects the Roll and Knock massage modes.

2+3	Knead & Knock	Selects the Knead and Knock massage modes.
Thigh	Thigh	Selects the massage mode for the back of your thighs.
Leg	Leg	Selects the massage mode for you calf muscles.
Foot	Foot	Selects the massage mode for your feet.
+ −	Roll Speed	Used to set the speed of the Roll mechanism.
+ −	Knead Speed	Used to set the speed of the Knead massage.
+ −	Knock Speed	Used to set the speed of the Knock massage.
+ −	Leg & Foot Intensity	Used to set the intensity of the Leg and Foot massage.

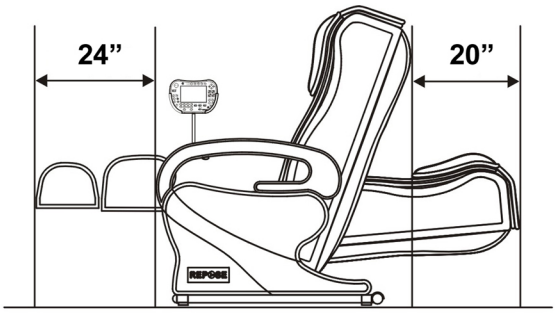
E - User presets

A B C	Users	Selects the user for saving and recalling preferences.
Enter	Enter	Used to select a saved preference.
Save	Save	Used to save user preferences.
+ −	Select storage number	Used to select the storage location of user preferences.

Using your Repose Massage Lounger

While positioning your massage lounger for use, please keep in mind that the leg rest and backrest will move up and down.

There must be at least *24 inches* of clearance in front of and *20 inches* behind the massage lounger to prevent damage to the lounger or any obstacles that might be in the way.



Lowering and Raising the Backrest

The backrest is raised and lowered using the control panel.

To lower the backrest:

1. Make sure the area behind the backrest is clear of obstacles.
2. Press and hold the lower backrest button on the control panel. Release the button when the backrest reaches a comfortable position. The backrest will stop automatically when it reaches the lowest point of travel.

To raise the backrest:

1. While sitting in your lounger, press and hold the raise backrest button. When the backrest reaches the upright position, it will stop.

   Note: Pressing the power button will also raise the backrest and lower the leg rest while resetting the lounger.

Raising and Lowering the Leg Rest

To raise the leg rest:

1. Be sure the area in front of the leg rest is free of obstacles.
2. Press and hold the raise leg rest button. The leg rest will stop automatically when it reaches the highest point.

To lower the leg rest:

1. Be sure the area below the leg rest is free of obstacles.

2. Press and hold the lower leg rest button. When the leg rest reaches the lowest position, it will stop.

   Note: Pressing the power button will also raise the backrest and lower the leg rest while resetting the lounger.

After using your massage lounger:

1. Press the Stop button on the control panel.

2. To reset the lounger, press the power button. This will raise the backrest and lower the leg rest.
3. Be sure to unplug the power cord if the lounger is not going to be used again.

Automatic Massage

You can enjoy a complete pre-programmed full body massage by pressing the Gentle, Relax, Enliven, or Repose buttons on the top of the control panel. With these modes, your entire body is massaged at various levels of intensity depending on the mode selected.

Automatic Massage - Full Body

1. Sit down in your lounger.
2. Press the power button.
3. Wait for the body scan to complete.
4. Press any of the automatic massage buttons.

Automatic Massage - Specific Area

In addition to the full body massage, there are five automatic massages for your Neck, Shoulders, Back, Waist, Legs, and Feet.

To massage a specific area:

1. Sit down in your lounger.
2. Press the power button.
3. Wait for the body scan to complete.
4. Press any of the area massage buttons, such as Neck, Shoulder, Back, Waist, or Leg and Feet.

Manual Massage

For a manual massage, you can use the Roll 1, Knead 2, or Knock 3 buttons to turn on and off the selected massage modes or setup a combination of modes.

To create your own massage program:

1. Sit in your lounger and press the power button.
2. Wait for the body scan to complete.
3. Press Stop to put the lounger in standby mode.
4. Select any massage mode such as Roll 1, Knead 2, Knock 3, or Vibe.

To use combined massage modes, select the corresponding button.

1. To use Roll and Knead, press the 1+2 button.
2. To use Roll and Knock, press the 1+3 button.
3. To use Knead and Knock, press the 2+3 button.

Speed

The speed of the massage action is variable only during manual massages. You can adjust the speed in five increments by pressing the plus and minus button + − that corresponds with the massage mode you wish to adjust. The default setting is medium.

Intensity

The intensity of the leg and foot massage is variable only during manual massages. You can adjust the intensity by pressing the plus and minus button + − located below *Leg & Foot Intensity*.

Width

During the Knock massage mode, the width of the rollers can be adjusted by pressing the left and right ends of the position adjustment button.

User Preferences

If you wish to save favorite massage settings, you can save massage preferences for three users in six (6) save points for a total of eighteen (18) settings. All massage parameters such as speed and intensity are saved along with the massage mode.

To save your settings:

1. Press **Stop** to put the lounger in Standby mode.
2. Select User **A**, **B**, or **C**.
3. Select a number using the "**+**" and "**-**" buttons.
4. Press **Enter**. Note: If a setting has already been saved, see "**To modify a setting**" if you wish to change a previously saved setting.
5. Select the desired massage functions.
6. Press **Save**.

To recall a setting:

1. Press **Stop** to put the lounger in Standby mode.
2. Select User **A**, **B**, or **C**.
3. Use the "**+**" and "**-**" buttons to select the number you wish to use.
4. Press **Enter**.

To modify a setting:

1. Press **Stop** to put the lounger in Standby mode.
2. Select User **A**, **B**, or **C**.
3. Use the "**+**" and "**-**" buttons to select a number to modify.
4. Select the desired massage functions.
5. Press **Save**.

Maintenance and Cleaning

WARNING: Always unplug the power cord before cleaning your massage lounger. Never touch a power plug with wet hands. Failure to follow these instructions may lead to electrocution or burns.

NOTICE: Please do NOT use volatile chemicals such as paint thinners, benzene, or alcohol on any part of your massage lounger.

Fabric

1. Wipe the seat fabric with a damp cloth using water and a very mild detergent.
2. Use a clean damp cloth to wipe the fabric to remove residue.
3. Allow to air dry.

Plastic Areas

1. Use a damp cloth with water and a very mild detergent to wipe down exposed plastic areas.
2. Use a clean damp cloth to remove any residue.
3. Allow the cleaned parts to air dry.

Control Panel

If the control panel becomes soiled, wipe with a soft cloth moistened lightly with water only. Excess moisture or detergents can damage the control panel.

Troubleshooting

If you experience difficulty using your massage lounger, please read this section prior to contacting Repose Customer Service for assistance.

Problem	Solution
It sounds and feels like the massage heads are working too hard to get over wrinkles in the fabric.	These sounds are normal.
The motor groans while under load.	
There seems to be excessive noise during tapping.	
There is a creaking sound while the massage heads are functioning.	
When the massage heads move up or down, there is a rattling sound.	
There is a rubbing sound as the massage heads rub on the seat fabric.	
There is a noise when the backrest is reclining or rising.	
When the power switch is turned on there is a humming sound.	
There is a hissing sound of air escaping.	
There is a humming sound from the pump.	
The leg rest rattles.	
The massage heads stop during operation.	If excessive force is applied to the massage heads during operation, in the interests of safety the massage heads may stop moving. If this occurs, raise your body slightly to reduce the weight on the backrest before restarting.
The air in the seat is not being released.	If the power cord is unplugged or there is a power failure while the air massage is in progress, the air will be trapped in the unit and will automatically release when power is reapplied.
The backrest will not recline or the leg rest cannot be raised or lowered.	If obstacles are encountered or excessive force is exerted during the movement, the leg rest or backrest will be stopped automatically to prevent damage. Power off the massage lounger and be sure both backrest and leg rest areas are free of obstacles and power on the massage lounger.
The massage lounger will not operate at all.	The power cord has been disconnected. The power switch on the unit has not been turned on. Check to see if the fuse needs to be replaced. If so, contact Repose customer service for assistance.
The unit has been damaged.	Stop using the massage lounger immediately.
The power cord or power plug is abnormally hot.	Stop using the massage lounger immediately.